



**OATF “BRING THE HEAT! 🔥 ”**

**Tuesday, June 30, 2026, 4:30-9:00pm**

**SSAP Track & Field Facility**

**BC Athletics Sanctioning Pending**

(Updated 01.26.2026)

## ***FACILITY:***

- South Surrey Athletic Park Track – 14578 20 Ave ([Google MAP](#)).
- Open for bib pickup and warmup at 4:00pm
- Washrooms, no changerooms
- No concession

## ***EVENTS:***

- **Track:** 100m, 200m, 800/600m, 1500/1200m, 100/80mH
- **Field:** Long Jump, High Jump, Shot Put, Javelin, Pole Vault (limit 2.0m to 4.3m)

## ***ELIGIBILITY:***

- JDs (U14 = 2017-2013)
- U16
- Open (U18, U20, Seniors, Masters) – No Masters Specific Hurdles

## ***REGISTRATION:***

- [\*\*CLICK HERE TO REGISTER\*\*](#)
- Regular \$12 per event (until June 27, 2026, 11:59pm)
- No late entry
- No “DAY OF” entries!
- \$5 added for athletes that are not BC Athletics members
- JD 4x100m relay registration onsite by 7:45pm

## ***AWARDS:***

- No awards to keep costs low.

## **RESULTS:**

- Live results may be available (not guaranteed) – dependent on Internet connection ([LINK HERE](#)).
- Results will be posted on the Ocean Athletics [WEBSITE](#) by 5pm on July 1, 2026.
- Timing tent area is **OUT OF BONDS** for all athletes, parents and coaches during the meet.
- Track inquiries or protests must be brought to the Finish Line Marshal.
- Field event inquiries or protests must be brought to the Chief of the Field Event.
- Paperwork requests for records will only be completed at the conclusion of the meet.

## **SPECTATORS & COACHES:**

- **ONLY** athletes and officials are permitted in competition areas (High Jump, Long Jump, Shot Put, Discus etc.).
- High Jump apron is **CLOSED** to all spectators and coaches – open for competitors and associated officials **ONLY**.
- High Jump spectators **AND** coaches must watch from outside of Lane 8.
- Access Pole Vault and Long Jump bleachers by walking outside of Lane 8 on the southern end of the track to the designated viewing area.

## **COMPETITION NOTES:**

- **Schedule:**
  - Events will start on time but **CAN** run up to 30 minutes ahead of the posted schedule.
  - Arrive with enough time to complete your warmup and set any marks (as necessary).
  - This is a short evening meet – do not attempt too many events.
- **Implements:**
  - Personal implements may be used but must be weighed and certified before the competition.
  - Weigh in for all implements is 4:15-4:45pm in the green building at the southwest corner of the track.
- **Hurdles:**
  - Practice hurdles will be set up and available on the south end of the track.
  - Please do not remove or move hurdles to the western straightaway (Long Jump side).

## **COMPETITION SCHEDULE:**

### **TRACK EVENTS:**

- Events **CAN** run up to 30 minutes ahead of the posted schedule.
- Events run oldest to youngest with females going first in all groupings, except Hurdles

TIME	EVENT
5:00pm	1500m: U18, U20, Senior, Master (combined), 1200m: U16, 2013-2014 (combined)
5:35pm	100m: Open to All
6:40pm	800m: U16 & Older, 2013-2014, 600m: 2015-2017
7:10pm	100mH – 33” – U16M, Senior W, U20W (event may be combined to provide better competition), 100mH – 30” – U18W, 80mH – 30” – U16W
8:00pm	200m: U16 and Older
8:20pm	200m: 2013-2015
8:35pm	4 x 100m Relay: JD & HS. Free to athletes registered in meet. Register teams by 7:45pm On-site.

### **FIELD EVENTS:**

TIME	EVENT	ATHLETES
4:30pm	<b>POLE VAULT</b>	2013, U16, U18, Senior combined (2.0m to 4.3m)
5:30pm	<b>HIGH JUMP PIT #1</b> (Eastern Pit)	2017 Boys & Girls
7:00pm		U16, U18, U20 Mixed Men and Women
5:30pm	<b>HIGH JUMP PIT #2</b> (Western Pit)	2015/2016 Boys & Girls
7:00pm		2013/2014 Boys & Girls, Master Men and Women
5:30pm	<b>LONG JUMP PIT #1</b> (Northeast Pit)	2013/2014 Boys
6:30pm		2017/2016 Boys
7:45pm		2015 Boys
5:30pm	<b>LONG JUMP PIT #2</b> (Southeast Pit)	2013/2014 Girls
6:30pm		2017/2016 Girls
7:45pm		2015 Girls
5:30pm	<b>SHOT PUT</b>	2017 Boys & Girls
6:00pm		U16 & Open (Mixed)
7:15pm		2013/2014/2015/2016 Boys & Girls
5:30pm	<b>JAVELIN</b>	2013/2014/2015/2016 Boys & Girls
7:00pm		U16 & Open (Mixed)